

Recipe primer

21 delicious options



Introduction

Gardening becomes popular again. Especially the younger generation recognized the added value of plants. It is in to improve the self-sufficiency with fruits, herbs and vegetables. Urban Gardening with in-house produced plants is the mega-trend. Newer breeding break-throughs become available, for example varieties with more compact growth habits to enable gardening on even the smallest area on balcony, terrace or the raised beds.

Stadt Ernte is exactly created for this concept, encompassing vegetables, berries and dwarf varieties of pome- and stone fruit trees. In 2021, **Stadt Ernte** received the prestigious **TASPO-Award** for this new concept. The very experienced business leaders in horticulture as a jury voted for **Stadt Ernte** to be the best programme to reach a better self-sufficiency.

The theme **Stadt Ernte** expanded then to include the concepts FRUCHTBAR (fruitful) and FURCHTBAR FRUCHTBAR (Fearful Fruitful), with fruit crops with red fruit flesh. These varieties are very suitable for a Halloween theme-party.

We developed delicious recipes matching the various fruit- and vegetable programmes. The labels are produced environmental-friendly. These recipes are now combined in this recipe booklet, which can be used in the garden market as a sales support tool.

We are glad to see a successful implementation of the concept **Stadt Ernte**.

Cassis-Balsamico



Ingredients:

- 500 g Black Currant
- 100 g sugar
- Pinch of sea salt
- 500 ml Balsamico
- 1 Cinnamon stick | 5 cloves | 5 grains of allspice

Preparations:

Rinse the black currants well and remove berries from the stems. Pour the fruits into a pot with sugar and salt. Smash the fruits with a potato masher. Cover the pot and rest the puree for approx. 1 hour. Then add the balsamico and spices. Heat up and simmer the mix for approx. 15 minutes on low heat. Strain the Balsamico and fill in bottles.

Red Currant-Ketchup



Ingredients:

- 2 kg red currants
- 1 kg sugar
- ¼ liter of vinegar (5 %)
- 1 table spoon cinnamon
- 2 tea spoons clove powder
- 1 tea spoon pepper

Preparations:

Rinse the red currants well and remove berries from the stems. Pour the fruits into a pot with sugar and add the other ingredients. Boil for approx. 20 minutes while stirring to cook a thick mash. Fill into jars and seal properly.

Orange Raspberry Marmalade



Ingredients for 5-6 jars:

- 3 kg Raspberries yellow (fresh)
- 1,5 kg Sugar (extra refined)
- Lemon juice

Preparations:

Clean the yellow raspberries and place them in a pot, add sugar and drizzle the lemon juice. Warm up. Let bubble up slightly every 5 minutes. Fill in clean jars, wipe the edges and close well. Turn jars upside down for 15 minutes, then turn them around again. Let cool our properly.

Autum fruiting Raspberry Marmalade



Ingredients for 5-6 jars:

- 3 kg Raspberries
- 1,5 kg Sugar (extra refined)
- Lemon juice

Preparation:

Clean the raspberries and place them in a pot, add sugar and drizzle the lemon juice. Warm up. Let bubble up slightly every 5 minutes. Fill in clean jars, wipe the edges and close well. Turn jars upside down for 15 minutes, then turn them around again. Let cool our properly.



Raspberry-Anise Water



Yields 1,5 l of water:

- 250 g Raspberries
- 2 Rosemary sprigs
- 1 Lemon balm twig
- 1 tsp. AnissamenAnise seeds
- Ice cubes

Preparations:

Clean the raspberries, wash the herbs and shake the sprigs dry. Add the anise seeds, raspberries and herbs in a glass pitcher and fill up with 1,5 l cold water. Cover the jar and let cool for 30 minutes. Put ice cubes into drink glasses and add the raspberry-anise water.



Blueberry-Ketchup



Ingredients for 4-5 small jars:

- 600 g Blueberries
- 100 g Brown cane sugar
- 1 Chilli (fresh) | 4 Thyme sprigs (just use their leaves) |
- 1/2 tsp. Cinnamon | 1/2 tsp. Black pepper | 1/2 tsp. Sea salt |
- 1/2 tsp. Ginger powder or alternatively 3 g of fresh ginger |
- 1 tsp. Paprika powder | 1 Tbsp. Tomato paste



Preparations: Rinse blueberries, chili and thyme and shake dry afterwards. Clean the blueberries, cut the chili into fine pieces, remove the thyme leaves from the branch and cut them as well. Boil blueberries and sugar in a pot, stir occasionally. Fill in jars and close the lids quickly. Let cool down. Store the blueberry ketchup in a cool and dark place.

Fig Mustard made from fresh figs



Ingredients for 8 jars @200 ml:

- 1 kg fresh figs
- 500 g gelling sugar in the ratio of 2:1
- 200 g mustard, medium strength.
- 1 shot of red wine, alternatively balsamico vinegar

Preparations:

Wash the figs and puree with red wine or balsamico vinegar respectively in a mixer. Add sugar and boil at high heat for approx. 5 minutes stirring well until bubbling. Stir in mustard and bring to the boil briefly. Fill in twist-off glass jars and seal.

White Currant Jam



Ingredients:

- 1 kg White currants
- 1 cup of water
- ½ kg of gelling sugar in the ratio of 2:1, weighing according to the amount of juice as needed syrup (elderberry syrup)

Preparations:

Place currants with the stem into a pot. Add the cup of water. Cook berries and simmer for a few minutes until berries burst. Use a fine mesh to press the mash with a spoon to press out as much fruit juice as possible. Add the gelling sugar to the fruit juice as desired. Add the elderberry syrup as needed. Fill into jars and seal.

Gooseberry dessert



Ingredients:

- Two portions of pickled gooseberries
- 200 g of double cream cheese
- 70 g sugar | Two packages of vanillin sugar
- 250 ml cream | 100 g almond slices

Preparations:

Let the gooseberries drip off in a sieve, stir in the double cream cheese, sugar and vanillin sugar. Whip the cream until stiff and stir under. Roast the almond slices lightly in a dry frying pan.

Fill the gooseberries as the lowest layer in a glass bowl or individual small glass vessels. Add the double cream cheese above, then sprinkle the almonds. Preferably place the dessert then into a refrigerator for a few hours.

Gooseberry marmalade



Ingredients:

- 900 g gooseberries, green, puree
- 1 dash of lemon juice
- 130 ml woodruff syrup
- 50 ml dry champagne
- 1 kg gelling sugar in the ratio of 1:1

Preparations:

Clean 6 large jam jars with hot water, then place them on a tray. Stir in the finely puree gooseberries together with other ingredients into a large, high pot. Boil while stirring constantly for 4 minutes until bubble appear. Fill into the clean mason jars and seal.

Best Quince Bread



Ingredients:

- 1 kg Bio-quince fruits
- 1 kg gelling sugar

Preparation:

Rub the quince dry, then cut into quarters. Cook in a high-pressure pot with just a small amount of water for minutes until fruits are soft. Press through a sieve. Stir in the fruit pulp with the gelling sugar and boil up. Simmer slowly and stir constantly. Boil until a thick mash is reached. Place on a baking sheet with baking paper, approx. ½ centimetre thick. Let cool, remove the baking paper. Can be stored for a number of years.

Baked Nashi Pears with goat cheese



Ingredients for 4 portions:

- 4 Nashi pears
- 1 package of fresh goat cheese | Two table spoons of grape jelly
- One handful of seeds or nuts of your choicel
- One table spoon of fennel seeds

Preparation: Pre-heat the baking oven to 200°C circulating air. Wash the nashi pears, cut in half crosswise, remove the seeds. Fill the halves with the goat cheese. Bake the nashi pears for approx. 20 minutes on the medium position until the cheese starts to melt. Place pine seeds, walnuts, or pumpkin seeds plus the fennel seeds in a casserole and roast without oil. Pour the grape jelly over the nashi pears and sprinkle some nuts.

Red Apple Chips



Ingredients:

- Apple varieties with red fruit flesh (for example Baya® Marisa)
- Lemon juice | Oil

Preparation:

Cut the unpeeled apples in very thin slices using a vegetable slicer. Brush the slices with lemon juice. Grease the baking sheet thinly with oil and preheat the baking oven on air circulation at 80°C. The sheet should rest in the second position from the bottom of the oven. Place the apple slices on the sheet and dry them for approx. 1 hour.

Hot pears served on Crêpes



Ingredients:

- Four Bio-pears
- 80 g sugar
- 150 ml white wine
- Shot of pear brandy

Preparation:

Peel the pears, remove the seeds and cut in quarters, then slice lengthwise one or two times. Caramelize the sugar in a pot and deglaze with the white wine. Add the pears and possible spices, boil briefly. At the end, pour the pear brandy. Serve with Crêpes.

Apple sauce with cinnamon & Co.



Ingredients:

- Two kg of Bio-apples
- 200 ml water
- Optional the juice of a half lemon
- Cloves, cinnamon stick,
- vanillin stick or other spices

Preparation: Peel the apples, remove seeds and slice the apples. Boil the pieces in a pot with water approx. 20 minutes with medium heat. Add the spices. Coarsely mash apples into puree, then mash finer. Pour the puree into jars and consume immediately.

Cherry jam made from sour cherries



Ingredients:

- One kg Bio-Sour Cherries; remove cherry pit
- 500 g sugar
- Five sprigs of lavender flowers
- Two sprigs of fresh peppermint

Preparation:

Puree the sour cherries in a pot with sugar added, heat briefly and add just the plucked off and finely chopped leaves of the botanicals. Boil up to 4 minutes and fill into jars.

Cool cherry lemonade



Ingredients:

- 400 g Bio Sweet Cherries without cherry pit
- 355 ml freshly made lemon juice
- 200 g sugar or adjust quantity to preference
- ½ teaspoon of red wine vinegar
- 710 ml of mineral water (non-sparkling) | Ice cubes

Preparation:

Using a kitchen mixer liquify the cherries, lemon juice and vinegar to a smooth pulp. Pass the liquid through a fine sieve. Mix the cherry juice and water in a cup or glass. Place the cup or glass in the refrigerator to cool down properly, but consume the same day. Serve with ice cubes.

Mirabelle plum jam for those in a hurry



Ingredients:

- One kg of mirabelle sauce
- 500 g of gelling sugar in a ratio 2:1
- One cinnamon stick
- Apple juice

Preparation: Remove stems and brown spots on the fruit peel. Cook the fruits with a little bit of apple juice and the cinnamon stick until soft. Pass through a sieve so that pits, peel, and the cinnamon stick remain. Mix the pulp with the sugar and boil for 3 minutes until bubbles appear, then fill in jars.

Caramelised plums or damsons



Ingredients:

- 250 g Bio-damsons or plums
- 10 g butter
- One teaspoon sugar
- 1 teaspoon honey | Pinch of chili | One sprig of rosemary

Preparation: Remove the stones from the fruits; cut in slices. Liquefy the butter in a non-stick pan, add the damsons or plums and sauté, stirring occasionally. Stir in the honey; sprinkle the sugar over the fruits stirring until caramelization. Add chili and rosemary for a spicy note. Perfect to eat with waffles and ice.

Fig and plum sauce very good with beef and game dishes



Ingredients for 2 people:

- 4 plums | 2 ripe figs
- 250 ml beef broth | 2 tbsp. double cream
- 2 cl dry sherry
- 1 pinch cayenne pepper
- ½ tsp. orange peel, untreated, grated
- Salt and pepper from the mill

Preparation: Peel and stone the plums, skin the figs. Puree both with beef broth. Simmer in casserole dish, season and stir in double cream. Add dry sherry and orange peel, season to taste.

Apple and plum jam



Ingredients:

- 1 kg apples
- 1 kg of plums
- 1 kg sugar
- 1 cup of water

Preparation: Cut apples into wedges and pit the plums. Pour everything into a pot, pour water over it and cook until soft. Strain the hot mixture through a sieve. Add the sugar to the puree. Let it boil down again on a low heat until reduced by half. Pour into glasses and let cool upside down.

